

**WHAT IS CLAIMED IS:**

1. A method for treating pain in a body area, the method comprising:
  - obtaining at least one cross section of the body area using an ultrasound imaging tool;
  - determining one or more clinically observable factors from the cross section related to the pain in the body area to determine a treatment area;
  - verifying the treatment area by palpation while viewing the cross section through the ultrasound imaging tool;
  - if the pain in the body area is deemed to be treatable based on the determined factors, preparing the treatment area for treatment;
  - treating the pain through the prepared treatment area with assistance from the ultrasound imaging tool; and
  - massaging the treatment area.
2. The method of claim 1 wherein the treating the pain further includes injecting one or more anesthetic and medical drugs into the treatment area under a guidance of the ultrasound imaging tool.
3. The method of claim 2 wherein the treating the pain further includes stimulating muscles in the treatment area using a needle for accelerating a healing process of the body area.
4. The method of claim 2 wherein the anesthetic and medical drugs include a combination of lidocaine and bupivacaine.

5. The method of claim 4 wherein the anesthetic and medical drugs include a combination of about 40 percent 2% lidocaine and about 60 percent 0.25% bupivacaine.
6. The method of claim 2 wherein the injecting further includes inserting an injection needle with a predetermined insertion angle as guided by a needle guide.
7. The method of claim 1 wherein the massaging is conducted under the guidance of the ultrasound imaging tool.
8. The method of claim 1 wherein the clinically observable factors include an angle of pennation, bundle length of muscles, uniformity of relaxed and contracted muscles.
9. The method of claim 1 wherein the preparing further includes marking a needle insertion point.
10. A method for treating pain in a body area, the method comprising:
  - obtaining at least one internal image of the body area using an ultrasound imaging tool;
  - determining one or more clinically observable factors from the cross section related to the pain in the body area to determine a treatment area;
  - verifying the treatment area by palpation while viewing the internal image through the ultrasound imaging tool;
  - if the pain in the body area is deemed to be treatable based on the determined factors, preparing the treatment area for treatment;

injecting one or more anesthetic and medical drugs into the treatment area under a guidance of the ultrasound imaging tool;

stimulating muscles in the treatment area using a lancing needle for accelerating a healing process of the body area; and

massaging the treatment area.

11. The method of claim 10 wherein the anesthetic and medical drugs include a combination of lidocaine and bupivacaine.

12. The method of claim 11 wherein the anesthetic and medical drugs include a combination of about 40 percent 2% lidocaine and about 60 percent 0.25% bupivacaine.

13. The method of claim 10 wherein the injecting further includes inserting an injection needle with a predetermined insertion angle as guided by a needle guide.

14. The method of claim 10 wherein the massaging is conducted under the guidance of the ultrasound imaging tool.

15. The method of claim 10 wherein the clinically observable factors include an angle of pennation, bundle length of muscles, uniformity of relaxed and contracted muscles.

16. The method of claim 10 wherein the preparing further includes marking a needle insertion point.

17. A method for treating pain in a body area, the method comprising:  
  
obtaining at least one internal image of the body area;

determining one or more clinically observable factors from the internal image related to the pain in the body area to determine a treatment area;

verifying the treatment area by palpation while viewing the internal image;

if the pain in the body area is deemed to be treatable based on the determined factors, preparing the treatment area for treatment;

injecting one or more anesthetic and medical drugs into the treatment area;

stimulating muscles in the treatment area using a lancing needle for accelerating a healing process of the body area; and

massaging the treatment area,

wherein the obtaining, determining, verifying, injecting, stimulating, and massaging steps are all performed under a guidance of an ultrasound imaging tool.

18. The method of claim 17 wherein the anesthetic and medical drugs include a combination of lidocaine and bupivacaine.

19. The method of claim 17 wherein the injecting further includes inserting an injection needle with a predetermined insertion angle as guided by a needle guide.

20. The method of claim 17 wherein the preparing further includes marking a needle insertion point.